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Housekeepers' Chat Thurs., Dec. 29,1927.

(FOR RELEASE AT 1 P.M.)

Subject: "Mid-Winter Salads." Approved by Bureau of Home Economics, U.S.D.A. Three recipes, including one for Spiced Grape Juice, from Bureau.

---ooOoo---

Although we are going to discuss salads, and salad dressings, the main feature of today's talk is a recipe for a new beverage -- a special treat for New Year's. I'm sure it will be much more fun to watch the old year out, and the new year in, with a glass or two of this hot spicey drink, and a plate of cookies, near at hand. If you're planning a New Year's party, perhaps this beverage is just what you've been looking for. I'll tell you all about it, as soon as we have finished with the salads.

In talking about salads, or any other important foods, I suppose one should begin with the dietetic reasons for serving them. To sum up the advantages of salads -- fresh fruit and vegetable ones -- we might say that these salads are rich sources of vitamins and minerals, and that they furnish bulk, which helps prevent constipation.

There are other reasons for serving salads. They provide a convenient and attractive way of using left-overs, and they add to the meal pleasing contrasts in color, flavor, and texture.

One must use judgment in selecting the salad to fit the menu. For a hearty meal, a light salad, that is, a leafy green vegetable, and French dressing, is appropriate; or a leafy green vegetable, an acid fruit, and French dressing.

With a light meal, one wants a hearty salad,with a cooked or mayonnaise dressing. Salads of vegetables, eggs, fish, cheese, or meat, or a combination of these, may often serve as the main dish of a light meal. A hearty salad should never be used as a side dish.

Now let's talk about salads in general. Salads are always more appetizing, when they contain something succulent, to crunch between the teeth. This succulence, which some people think is the chief charm of a salad, is supplied by lettuce, celery, cabbage, apples, pickles, watercress, and so forth.

All green salads should be served crisp. Wash them thoroughly, first in running water, or by lifting them out of two or three waters. Then wrap them in a cloth, or put them in a clean paper bag. Set them on ice, or in a cool place to "crisp."

The secret of a crisp, tasty, salad lies in having the ingredients fresh; cold, with no drops of water clinging to the leaves; and carefully combined. When vegetables or fruits are cut up, or diced, the pieces should be large enough so the salad won't be mushy, when the dressing is added. As a general rule, the dressing should not be mixed with the other materials, until just before serving. The dressing tends to wilt the vegetables, and salad greens. Of course there are exceptions to this rule, as there are to all good rules. Potato salad is one exception.

The salad dressing depends largely upon when the salad is to be served. For instance, a dinner salad, where the rest of the meal is fairly heavy, usually needs a light dressing, such as a French dressing. Luncheon or supper salads, or those served with party refreshments, may have the richer dressings, such as mayonnaise, cooked dressing, or cream dressing.

I know a good many experienced cooks who make salad dressing in quantity, to save time. It does not take much longer to make a quart of mayonnaise, than to make a pint. Mayonnaise keeps for several weeks, in a cool place.

A clever cook can almost make herself famous, with plain mayonnaise dressing. Let me read you a few of the distinguished salad dressings, made with mayonnaise as a foundation. Write them down, if you wish.

Variation Number I. Mayonnaise and chili sauce, or tomato catsup. This is excellent on plain lettuce salad.

Variation Number II. Mayonnaise, chopped stuffed olives, and finely chopped celery. Serve this with a crisp green salad.

Variation Number III. Add whipped cream to mayonnaise dressing, just before serving. This is very good with fruit salads.

I'm sure there must be many other variations of mayonnaise dressing. If you know of an especially good combination, you might send it to me.

There are many recipes in the Radio Cookbook, for Mid-Winter Salads -- Novelty fruit salads, made of canned fruit or pineapple; cabbage, carrot, onion, tomato, asparagus, celery, and potato salad, besides a long list of vegetable salad combinations. There are also recipes in the cookbook for cooked salad dressing, sour cream salad dressing, and a delicious cheese dressing. Instead of broadcasting any of these recipes, I am asking you to send for the Radio Cookbook. This cookbook is free, to regular listeners of Station _____. It contains 300 recipes, every one of them tested by the U. S. Bureau of Home Economics.

There is only one question today, and that is from a listener who wants to know how to make cabbage slaw, in which celery is used. To make this cabbage slaw-- get your pencils, please -- to make this cabbage slaw, use 1 quart of shredded cabbage, and 1 cup of celery, cut in small pieces. Only two ingredients: 1 quart of shredded cabbage, and 1 cup of celery, cut in small pieces.

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Select a small hard head of cabbage, cut in quarters, and wash thoroughly in cold water. Drain, wipe dry, and shred with a sharp knife. Put the cabbage in a cloth and place on ice, or in a cold place until crisp. Pour hot dressing over the crisped cabbage and stir until well mixed. Serve hot or cold.

The celery may be omitted, and 1/2 cup of finely shredded green pepper can be added, or 1 cup of thinly sliced tart apple.

Here is the dressing, for this cabbage slaw -- eight ingredients:

2 eggs
1/4 cup water
1/4 cup vinegar
1 or 2 tablespoons sugar
1 or 2 tablespoons butter
1/2 teaspoon salt
1/4 teaspoon mustard
1/16 teaspoon celery seed

Eight ingredients, for the Cabbage Slaw dressing: (Repeat)

Beat the eggs, add all the ingredients except the butter, and cook in a double boiler until thickened. Stir constantly, and just before removing from the fire add the butter. Pour over the cabbage while hot. If served as cold slaw, chill after the dressing is added.

Only one more recipe today -- and that's the recipe for Spiced Grape Juice -- that's it -- Spiced Grape Juice. Five ingredients:

1 quart grape juice
1/2 cup sugar
8 to 12 pieces stick cinnamon
12 to 16 whole cloves
1/8 teaspoon salt

I'll repeat the five ingredients for Hot Spiced Grape Juice: (Repeat)

Mix all ingredients, and bring to the boiling point. Allow the fruit juice to stand, for three or four hours, so that the flavor of the spice will be drawn out. When ready to be served, reheat, and remove the spices. Lemon juice may be added if desired.

Special for tomorrow-- a New Year's dinner for the Younger Generation.